EN YOUR NEW



WHITMAN COUNCIL ON AGING

P.O. BOX 426 16 HAYDEN AVENUE • WHITMAN, MA 02382 (781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, Chairman Mary Ann Curby Robert Titterington

NOVEMBER 2014

Mae Cousineau, Vice Chairman Jean McDonald Barbara J. Garvey, Director

Whitman Council on Aging Mission Statement

To ensure that our elder residents are provided an opportunity to age and live a life-style based on independence, dignity, and security; to assess needs and provide services through an array of general programs, information, and socialization opportunities to seniors age 60 and older.

NOTES FROM THE DIRECTOR:

Veterans' Day is Tuesday, November 11th

Please join us as we honor our Veterans!

Sachem Center for Health and Rehabilitation would like to honor our Veterans by holding a Pinning Ceremony at the Whitman Senior Center at 16 Hayden Avenue on Wednesday, November 5th at 12:30 pm.

If you are a veteran of our armed forces and would like to take part in our pinning ceremony please contact Linda Kelly at the Senior Center 781-447-7619 ext. 1.

We will have a short presentation led by Veteran Ed Jones, followed by the pinning ceremony. We invite all members of our community to attend the ceremony and to say "thank you" to the men and women who have given so much for all of us.



Please pass this information along to Veterans you may know and encourage them let us know if they would like to participate. Thank you!

Barkara

Medicare Beneficiaries What's New for 2015?

Join us for an important informational session on: Monday, November 10th at 9:30 At the Senior Center

Open enrollment is October 15 through December 7 How will these changes affect you as a Medicare Beneficiary? Review changes to Part D plans Supplement Plans Medicare Advantages **Prescription Advantage**

Officials from SHINE (Serving Health Insurance Needs of Everyone) will be present to answer any questions you may have.

Call Joanne at extension 2 to reserve your seat.

FUEL ASSISTANCE

We are taking appointments for help in filling out applications for first time fuel assistance applicants.

Please call Joanne at extension 2 to set up an appointment

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

REMINDER: ELECTION DAY TUESDAY, NOVEMBER 4TH

The Council on Aging bus will be available for transportation to the polls at the Town Hall between 2:00 and 4:00

Call Joanne at extension 2 if you need a ride.

DAYLIGHT SAVINGS TIME

Daylight Savings Time comes to an end on the morning of Sunday, November 2.

Remember to turn your clocks back one hour before going to bed on Saturday night.

This is also a good time to change the batteries in your smoke detectors and carbon monoxide detectors.

TIME CHANGE = BATTERY CHECK

Whitman Fire & Rescue is available to inspect, install and if necessary supply free of charge smoke detectors for seniors in our community. If interested, please call Deputy Fire Chief, Joe Feeney at 781-447-7626 for more information and to schedule an appointment.

K of C Annual Thanksgiving Dinner Saturday, November 22nd at Noon



The Knights of Columbus will again this year be hosting a wonderful Thanksgiving dinner for the Seniors of Whitman. This special day is an opportunity to meet up with old friends and make some new ones while enjoying a delicious turkey dinner generously provided by the Knights of Columbus. Tickets are expected to be available at the Senior Center and at the office at Harvard Court **beginning**November 7. Although this event is free of charge, tickets are necessary in order to keep count of the numbers attending. Transportation to this dinner will be available; just let us know if you'll be needing a ride when you pick up your ticket.

"HEALTHY EATING THROUGHOUT THE HOLIDAYS"

Presented by South Shore Hospital's Home Care Division
At the Senior Center
Thursday, November 6th at 10:00

Kara Kelly, a Registered Dietitian will explain why it's important to eat heart healthy throughout the holidays. You will get '10 Big Tips' for making healthier choices at the holidays without much effort. Get ideas for 'Recipe Makeovers' using common recipes. Lastly, learn about ways to spice up your dishes without adding too much salt and sugar.

Call Joanne at extension 2 to reserve your seat.

COA BUS TRIPS



NATIONAL CEMETERY BOURNE, MA

\$8.00 covers transportation only.

Friday, November 14

Leaves the Center at 9:30

Visit loved ones or just take in the beautiful and moving site, followed by lunch at Mama Mia's in Carver.

For Reservations, contact Linda at extension 1.

CURRENT SCAM ALERT BEWARE....Medicare is NOT CALLING YOU

The Executive Office of Elder Affairs received a report from a local Council on Aging about an elder receiving a phone call from "Medicare". A very well spoken caller claimed they had "sent her a letter" prior to a doctor coming to her house to ensure the proper services were being provided . The caller wanted to send Dr "X" to her house the following day. The elder said "this didn't sound right" and felt very uncomfortable , but the caller gave her a phone # for verification. When she hung up, she called the Medicare # on her card (1-800-633-4227) and was told it was a scam...and that when they got to her house they would more than likely try to sell her insurance products.

As always, please be cautious of callers you do not know!

MONTHLY MEETING OF THE FRIENDS at the Senior Center on Friday, November 14th at 12:30

A Thanksgiving themed potluck luncheon will be held. Friends are encouraged to bring either a main course or dessert.

Anyone with questions should call Roberta at 781-261-3930.

All are welcome to attend.



Crafts 12:30 at the Senior Center

Wednesday, November 12th with Denise

Wednesday, November 19th with Erica

Materials are provided, but to ensure that there is enough for everyone, reservations are required.

Please call **Joanne at extension 2** to sign up and reserve your seat.

FUN, GAMES AND FITNESS

TAI CHI – Thursdays at 2:45. Cost is \$5.00 per class. New Participants call Linda at ext.1 to register.

WALKING GROUP—Meet at the Senior Center on Tuesdays and Thursdays at 8:00 am to walk the beautiful Town Park at your own pace and arrive back at the Center for coffee and socialization.

ZUMBA GOLD at the Knights of Columbus Hall, Rt. 18, on **Thursdays at 4:30 pm**. Cost is **\$5** per class. New Participants please call Linda at ext. 1 to register.

CARDS- Wednesdays at 1:00 p.m.

Wii BOWLING—Mondays at 8:00 am

MAH JONGG—Wednesdays at 1:00 pm.

BINGO—Mondays at 1:00 pm and the First Friday of each month at 1:00.

Zumba Gold with Carol

Thursdays, 4:30 at the K of C Hall, 1195 Bedford Street \$5.00 per session

The Zumba Gold fitness program is designed to meet the anatomical, physiological, and psychological needs of an older population. Like the traditional Latin-inspired Zumba workout, the Zumba Gold workout incorporates many of the dance / fitness routines set to Latin and international rhythms but is performed at a lower intensity. Zumba Gold is certainly good for you, but it's also a lot of fun. Don't let the Zumba name scare you... this class has something for everyone. Many of the movements can even be done while sitting in a chair, so come and check it out. Give it a try.

New participants should call Linda at extension 1 to sign up and register.

Terry Seer's Monthly Social Luncheon ...
CHRISTMAS CELEBRATION
TUESDAY, DECEMBER 9TH, 12:30 P.M.
\$20.00 per person
MEADOWBROOK RESTAURANT, HANSON

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Lunch consists of Pot Roast Dinner, Salad, Rolls and Butter, Dessert and Entertainment.

Contact Linda Kelly at extension 1 to make your reservation.

"HEALTHY EATING AS WE AGE and TIPS FOR GROCERY SHOPPING"

Offered by NVNA and Hospice and the Whitman Board of Health

Tuesday, November 18th 6:00 p.m. to 7:30 p.m. At the lower meeting room of Whitman Town Hall

Topics to be covered include Healthy Eating as We Age; Grocery shopping tips (includes selecting foods, money saving tips and tricks to shopping); meal suggestions and recipes.

This program is open to the public.

Please call the Whitman Board of Health office with any questions at 781-618-9755

NOVEMBER 2014

NOVEMBER 2014						
Monday 3	Tuesday 4	Wednesday	Thursday 6	Friday		
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch: Meatball Sub 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	9:00 Art Group 9:30 Hairdresser by Appt 10-12 Blood Pressure 11:30 Lunch: Mediterranean Chicken 11:00 Computer Workshop 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie 7:00 TOPS 9:00 FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center Transportation to Voting Reserve by Monday – ext. 2 ELECTION DAY	11:30 Lunch: Sloppy Joe 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking 12:30 VETERANS' DAY PINNING CEREMONY at the Senior Center—Reserve at ext. 1 TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1	9:30 Hairdresser by Appt 11:30 Lunch: Maple Dijon Pork Roast 2:45 Tai Chi 4:30 Zumba Gold at K of C 10:00 Healthy Eating for the Holidays Sign up at ext. 2	11:30 Lunch: Mac and Cheese 1:00 Bingo 9:00 WALMART in RAYNHAM & IHOP or CHINESE BUFFET Sign up at ext. 1		
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch: Low Sodium Hot Dog 1:00 Bingo 9:30 SHINE PRESENTATION Sign up at ext. 2 9:00 AROUND TOWN Reserve by Thursday—ext. 2	VETERANS' DAY HOLIDAY SENIOR CENTER CLOSED	8:30 Podiatrist by Appt. 1:30 Lunch: Italian Pot Roast 12:30 Crafts with Denise 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 1:00 Cards 9:00 HANOVER MALL Sign up at ext. 1	9:30 Hairdresser by Appt 11:30 Lunch: Chicken Fajita 2:45 Tai Chi 4:30 Zumba Gold at K of C 9:00 FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center Reserve by Monday – ext. 2	14 11:30 Lunch: Meatloaf with Gravy 1:00 Friends Meeting 10:00 New Monthly Book Club at the Senior Center—"Book Buzz" with Molly from the Whitman Library Sign up at ext. 2 9:30 NATIONAL CEMETERY in Bourne / Mama Mia's in Carver Sign up at ext. 1		
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch: Fish Nuggets 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	9:00 Art Group 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 11:30 Lunch: Smoked Ham 11:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie 1:00 Hearing Check by Appt 7:00 TOPS 9:00 FOOD SHOPPING at SHAWS / Transportation to Sr. Center Reserve by Monday – ext. 2	11:30 Lunch: Chicken Marsala 12:30 Crafts with Erica 1:00 Mah Jongg 1:00 Cards 9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant Sign up at ext. 1	11:30 Lunch: Salisbury Steak 12:15-1:45 Wellness Clinic at Harvard Court 2:45 Tai Chi 4:30 Zumba Gold at K of C BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00	9:30 Manicurist 11:30 Lunch: Stuffed Shells FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1 Saturday, November 22 K of C Thanksgiving Dinner		
8:00 Wii Bowling 11-1 NO Blood Pressure 11:30 Lunch: Cheeseburger 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch: Chicken Parmesan 1100 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie 7:00 TOPS 9:00 FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center Reserve by Monday – ext. 2	11:30 Lunch: Roast Turkey 1:00 Mah Jongg 1:00 Cards 9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1 THANKSGIVING HOLIDAY SENIOR CENTER CLOSES AT 12:00 NOON	THANKSGIVING HOLIDAY SENIOR CENTER CLOSED	THANKSGIVING HOLIDAY SENIOR CENTER CLOSED		
		Please Note: TRIP SIGN UPS BEGIN ON OCTOBER 29TH		Phone extensions for sign-ups: Linda—ext 1 Joanne—ext 2 Fran (meals) - ext 4		

Eldercare Q & A from OLD COLONY ELDER SERVICES

ARE SNAP BENEFITS 'USE IT, OR LOSE IT'?

Can I lose my SNAP benefits (food stamps) by not using them?

The Massachusetts Department of Transitional Assistance (DTA) has been sending letters to some SNAP recipients telling them they have unused SNAP benefits they may lose. Here's some information to help you understand these DTA notices and your rights.

Important SNAP rights—

- You have the right to save up your SNAP benefits to do a larger food shop. SNAP helps with immediate food needs and is also a supplemental nutrition assistance program.
- If you have made no food purchases with your EBT card for 6 months in a row, the state can put your benefits off-line, but you have not lost them. If you receive a DTA Off-line Notice, call or write to your DTA worker and request your SNAP benefits be put back on your EBT card. DTA must restore your benefits within 48 hours of your request. If you used your EBT card for food shopping during the past 6 months, your benefits should not be put off-line. You may want to consult an advocate if this happens.
- If you have collected over 12 months of unused benefits on your EBT account, DTA may take some of these away permanently, but must send you a "Notice of Expungement" in advance. DTA should not take away any SNAP benefits if you have less than 12 months worth of benefits on your EBT card. If you think DTA wrongly took away your SNAP benefits, ask a DTA Supervisor or Office Manager to review this decision. You can also ask for a fair hearing and Legal Services may be able to help with a fair hearing. For information on local Legal Services, go to http://www.masslegalservices.org/findlegalaid or call the Legal Services office nearest you.

Saving up SNAP benefits is not fraud. You have done nothing wrong! It's possible that unused SNAP benefits is a signal that a recipient needs help with food shopping.

Here are some tips to help you—

To check the amount of SNAP on your EBT card, call the EBT Customer Service number on the back of your EBT card, 1-800-997-2555.

- If you lose your EBT card, call your DTA worker or visit the nearest DTA office to report a lost card and get a new EBT card.
- If you cannot remember your Personal Identification Number (PIN), call the EBT Customer Service phone number to re-PIN your EBT card at any time.
- If you need a ride to a grocery store, your city or town clerk can give you the number of your Council on Aging (COA). which may provide a free or reduced fee van services to grocery stores, doctor appointments and other trips. You can also reach your local Aging Services Access Point (ASAP) by calling 1-800-Age-Info, then press 1.
- If you need someone to go shopping for you, anyone in your household can use your EBT card to food shop-even if they are not named on your card. Family members often help SNAP recipients with food shopping. You can ask a neighbor or friend to become your authorized representative, and get a second EBT card for your account. If you choose, you have the right to allow your authorized representative to manage your SNAP benefits completely. There is a special Authorized Representative DTA form that must be filled out.
- If you want help from a homemaker or a personal care attendant (PCA) with food shopping, cooking or other personal care, you can call an ASAP at 1-800-Age-Info, then press
- If you have at least \$35/month in unreimbursed health care expenses, you can get an income deduction which may increase your housing deduction and raise your SNAP benefit. Your DTA office can explain how these deduc-

Information for this column was provided by the Mass Law Reform Institute, www.mlri.org.

TRANSPORTATION

AROUND TOWN – Our COA bus is available from 9:00 to 3:00 on **DIAL-A-BAT** – Transportation to medical appointments in Abing-Mondays for transportation to Bingo at the Senior Center and for ton, Brockton, Bridgewater, East Bridgewater, West Bridgewater, errands within Town. Please be reminded that in order to take advantage of this free service, you need to call Joanne at extension 2 to sign up no later than 4:00 Thursday.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby. travels to various grocery stores on Tuesdays at 9:00. The Bus is also available beginning at 11:15 for Tuesday activities and ap- Trips to Roche Bros Way in Easton are provided on Mondays and **Joanne at extension 2** no later than 4:00 Monday.

North Easton, Stoughton, Whitman and Boston.

Trips to Southeast Medical Center in East Bridgewater are provided on Mondays and Thursdays. Pick up times are between

pointments at the Center. Sign-up is required by calling Wednesdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

> Call Joanne at extension 2 at least two days prior to your appointment to book.

BITS AND PIECES by ELEANOR NADELL

And so we start another year of Fall activities and trips. To all who are joining us perhaps with their first copy of the Senior News letter, welcome and hopefully you will find a trip or activity that appeals to you. If so, come join us. The Friends meetings on the second Friday of each month is a good place to start. New members are always welcome. The day trips are always fun as well as Bingo, Card days and of course Foxwoods and TwinRiver trips to mention a few. I do hope you find something of interest and meet with us whenever possible. In the meantime. Keep Well, Happy and Healthy.

I just heard that our mini bus driver has retired. We all wish him a long and healthy one So, to Richard Smith we give our best. We shall miss you.

Eleanor

DAILY LUNCH

Senior Lunches are served every day at the
Senior Center at 11:30. Let us do the cooking for you
(check out the menu on Page 4 of this newsletter).

Suggested donation is \$2.50. Call Fran at extension 4 to make
your reservation. Since meals need to be ordered well in
advance, please call one week ahead to book your reservation.

Transportation is available on Mondays and Tuesdays.
Call Joanne at extension 2, if you need a ride.

Visit the **HARVARD COURT FAYRE** located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open:

Mondays, Wednesdays, Thursdays 1 to 4 pm; Great deals on handmade items, new and gently used household items, clothing, knick knacks and much, much more. Stop by to see what's available!

FREE LEGAL ADVICE

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, November 25th from 12:00 to 2:30. Please call **Joanne at extension 2** for an appointment

HEARING SCREENING

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, November 18th by appointment. Contact **Joanne at extension 2** to make an appointment. You should hear what you're missing.

PODIATRIST

Dr. William Chan. Wednesday, November 12th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: December 10, January 14, February 11

WELLNESS CLINIC

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

PLEASE NOTE CHANGE OF SCHEDULE:

Wednesday:

November 12 Senior Center 12:30 --2:00

Thursday:

November 20 Harvard Court 12:15 –1:45

Tuesdays at the Town Hall (VNA Office, Lower Level)

November 4, 18, 25 3:00—6:00

BLOOD PRESSURE CHECK

We offer a free blood pressure check by a Registered Nurse at the Senior Center every Monday from 11:00 am to 1:00 pm.

An additional session for this month will be held on

Tuesday, November 4th from 10:00 to 12:00

OUTREACH

TELEPHONE REASSURANCE – If you would like a phone call and conversation from our office on weekday mornings, please contact **Linda at extension 1**.

BROWN BAG DISTRIBUTION PROGRAM – Thursday, November 20th **12:00 to 3:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR BY MEREDITH

Tuesdays and most Thursdays by Appointment

Contact Joanne at extension 2 to make an appointment

Shampoo and Set	\$12.00
Shampoo, Cut, and Set	\$14.00
Wet Cut	\$12.00
Blow Dry w/ Cut	\$14.00
Perm, Cut & Style	\$45.00
Color*, Cut	\$35.00
Color*, No Cut	\$30.00
(*client brings in color)	

MANICURES BY JANE

Jane, a licensed manicurist takes appointments at the Senior Center once a month. She will be here Friday, November 21st. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome.

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays Appointments are available at 11:00, 12:00 or 1:00

Workshops are 45 minutes long and will have no more than three participants in a session. Please contact Linda at **extension 1** to sign up for course of your choice.

PC (Personal Computer) Fundamentals: Become familiar with 'Windows' on a personal computer. Start the PC, start an application, practice with mouse, then shut down PC.

Advanced PC Use: Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

Internet Basics: Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail. Advanced Internet: Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

Basics of Budgeting with Excel / Calc: Start excel or Calc; Open and Edit an existing workbook, save changes.

Budget with Excel / Calc Advanced Features: Edit Basic Budget using advanced features.

Basics of Digital Photos on the PC: Learn to retrieve, organize, edit and Print Digital Photos.

Advanced Digital Photo Management: Editing Photos—retrieve photos using Pact Bridge.

iTunes for Digital Music / Video: Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.

Editing MP3 Files: Download free editing software to edit MP3 music.

Add and Remove Software: Find, Download and Install Free software. Remove unwanted programs.

Ease of Access: Improve computer access for physically challenged.

Online Education: Find computer based Learning CourseWare and take a lesson.

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www.oldcolonyelderservices.org

508-584-1561

The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

Whitman Council On Aging **PO Box 426** 16 Hayden Avenue Whitman, MA 02382

RETURN SERVICE REQUESTED

PRESORTED STANDARD U.S. POSTAGE

PAID

PERMIT #16 WHITMAN MA 02382

er Man Man Man Man Man		
Motorcoach	Tours	present:

Trip to the Christmas Show at the Log Cabin in Chicopee Thursday December 4th — \$82.00

Leaves Whitman VFW at 9:30

Enjoy the Christmas Concert with Broadway Cabaret Singer Karen Wagner and the Singing Police Officer Robert Iovanna Duo who share their love for music for a Christmas to Remember. Lunch is marinated sirloin or chicken marsala, baked potato, salad, dessert, coffee, tea and glass of wine.

Call Linda at extension 1 for a reservation.

Checks should be made payable to Terry Seer.

ABOUT OUR TRIPS AND ACTIVITIES ...

Please know that participation in the activities and trips we offer is not limited to seniors over age 60.

Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome. Just give the Center a call at 781-447-7619.

Help us go GREEN and save MONEY

Our newsletter is now available online at: www.seekandfind.com and on the Town of Whitman website www.whitman-ma.gov

If you read your newsletter online or choose not to receive a newsletter at this time, please call Joanne at extension 2 to have your name taken off of the mailing list.